



THE BEACON

MARCH / APRIL 2003

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National Events

March Events

American Heart Month
African-American History Month
Women's History Month
Personal Financial Mgmt. Month

MAR 1 Ash Wednesday
17 St. Patrick's Day
21 First Day of Spring

April Events

Volunteer Appreciation Month
Month of the Military Child
New Parent Support Month
Child Abuse Prevention Month
6—12 National Crime Victim's Rights Week

APR 6 Daylight Savings Time begins
18 Good Friday
20 Easter
23 Administrative Professionals Day

Personal Financial Management MAKES Dollars & Sense

Managing money in today's marketplace can be challenging. Frequent deployments, separation from extended families and numerous moves drain the resources of military families. Your Fleet and Family Support Center can help. The Center has a trained Financial Educator on staff who can analyze your finances, help you set your priorities and make your money work as hard as you do.

We can help you:

- Devise a budget
- Set up a savings plan
- Learn banking and checking account management
- Learn money and credit management skills
- Understand investing
- Learn more about military pay and allowances
- Prepare for major purchases
- Avoid scams and rip-offs
- Protect your credit rating
- Take full advantage of the Thrift Savings Plan
- Plan for retirement or the transition to civilian life
- Get information about CSB (Career Status Bonus) Redux



The Personal Financial Management Program also holds quarterly training sessions for service members that have been appointed by their command to become the command's Command Financial Specialists (CFS). We currently have an average of 200 trained CFS in the region to serve military members. CFS can assist you with all aspects of your financial matters.

For more information on how the Personal Financial Management office can help you, contact Terry Harris at 452-5990, ext. 132.

FINANCIAL EDUCATION

Financial Planning

Time is costing you MONEY! Why wait any longer to start your Savings & Investment Plan? Learn the basics of savings and how to start building your investment portfolio.

Credit Management

Planning to make a major purchase or just curious about your credit? Your credit report is a financial history of you! It should not be a mystery. Learn how to better maintain your credit file, correct inaccuracies through the major Credit Bureaus and prevent Identity Theft.

Car Buying

Let us help you take the headache out of purchasing your next new or used vehicle. Do your homework before you pull into the dealer's lot. This class will help in finding the right dealer and/or financing company to purchase your next automobile.

REDUX and the \$30,000 Bonus

As service members who started active duty after 31 July 1986 reach their 15th year of service, they have a big decision to make.

RELOCATION ASSISTANCE

Sponsor Training

Command Coordinator will assign a sponsor to new arrivals and their families. Class brings out important questions that help newcomers adjust to Pensacola. Sponsorship is an important responsibility and your efforts can make a difference to the service member PCSing to your command.

Smooth Move

If you are moving soon, you don't want to miss this informative Permanent Change of Station workshop. Topics discussed includes Household goods, Personnel Support Division, Housing, Legal, and Fleet and Family Support Center. Come and learn about the new changes to the PCS entitlements!

Cultural Adaptation

Avoid culture shock after you arrive at your new overseas duty station!! Learn the what is and what is not acceptable in the country. Bring your spouse along to this informative one-on-one session.

GENERAL LIFE SKILLS

Anger Management

Do you or someone you know get angry? How often do you get angry? How is the anger affecting you and/or your relationships? This 3-hour workshop will illustrate the differences and relationships between anger, assertiveness, stress, and aggression. You will also learn the general skills and practical techniques for managing anger.

Stress Management

Stress can damage your health, both physically and mentally. Learn how to recognize stress and become more productive, happier and healthier.

TRANSITION ASSISTANCE

Transition Assistance Program

A four-day veterans' benefit information and employability skills seminar for retiring and separating military members and their spouses. Many subject matter experts will speak. Reservations must be made through your Career Counselor.

Resume Writing

Learn how to market yourself effectively through a well-written resume. Our resume specialists can help you convert your military skills to civilian skills.

Starting Your Own Business

The Small Business Development Center with the University of West Florida is offering a monthly series of workshops for help in starting your own business. A different topic will be explored each month.

SPOUSE EMPLOYMENT

Career Life Planning

This class teaches you the fundamentals of finding the hidden job market and marketing yourself in finding the better jobs!!! This class is a three part series that includes administering a skills assessment building resumes, written marketing tools and assist in helping you achieve the competitive edge in today's job market. Because of the popularity of this class, early registration is recommended.

Spouse Employment Intake

This is a group intake that is designed to assist the military spouse with a better understanding of the local job market. Included in this session are information on federal job hunting, resume writing and the volunteering. If you have a resume, please bring it with you.

PARENTING

Positive Parenting

Being an effective parent is one of the most rewarding tasks in life. It is also one of the most challenging. STEP (Systematic Training for Effective Parenting) provides a practical approach to raising children. This class will guide you to a philosophy of child training that we and more than three million parents have found to be effective.

Moms Reaching Out To Cope

This is a support group for expecting and new parents. Group discussion are encouraged on issues that you may be dealing with. Our knowledge staff helps you to cope with and provide answers to common parenting questions as well as provide support with the relationship issues that may develop now that you are a parent. Parents are encouraged to bring their children.

Solo Parenting and Raising Kids Successfully

Are you sailing the ship of solo parenting? This support group is for single parents. Group discussion related to the difficult issues on raising a child alone. Please join us for a lot of fun and meet other single parents in the area.

See the next two pages for upcoming class schedules.



Fleet and Family Support Center
BLDG 625, NAS Pensacola
151 Ellyson Avenue (between the Galley and PSD)
Phone: (850) 452-5990
DSN 922-5990

March 2003

MON	TUE	WED	THU	FRI
3 Brown Bagger Workshop for Financial Planning 1100—1200	4 Transition Assistance Program (1 of 4) 0800—1600 Spouse Employment Workshop 1730—2030	5 Transition Assistance Program (2 of 4) 0800—1600 Smooth Move 0900—1100 Anger Management 0900—1200	6 Transition Assistance Program (3 of 4) 0800—1600 SPARKS 1630—1800	7 Transition Assistance Program (4 of 4) 0800—1600 Divorce Non Support Workshop 1000—1100
10 Credit Crunch for Lunch Bunch 1100—1200	11 Spouse Employment Workshop 0830—1100	12 Resume Writing Strategies 0900—1100 Starting Your Own Business 1300—1500	13 Parent's ROTC 1530—1700	14 Divorce Non Support Workshop 1000—1100
17 <i>Happy St. Patrick's Day</i> PREVENT (1 of 4) 0800—1500 Car Buying Class 1100—1200	18 PREVENT (2 of 4) 0800—1500 Career Life Planning (1 of 3) 1730—2100	19 PREVENT (3 of 4) 0800—1500 Career Life Planning (2 of 3) 1730—2100	20 PREVENT (4 of 4) 0800—1500 SPARKS 1630—1800 Career Life Planning (3 of 3) 1730—2100	21 Stress Management 0900—1100 Divorce Non Support Workshop 1000—1100 
24 Career Status Bonus Redux 1100—1200	25	26 Sponsor Training 0900—1100	27 Parent's ROTC 1530—1700	28 Divorce Non Support Workshop 1000—1100
31		American HEART Month		



Fleet and Family Support Center



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April 2003

MON	TUE	WED	THU	FRI
Don't forget  On Sunday, April 6	1	2 Smooth Move 0900—1100 Anger Management 0900—1200	3 SPARKS 1630—1800 Spouse Employment Workshop 1730—2030	4 Divorce Non Support Workshop 1000—1100
7 Brown Bagger Workshop for Financial Planning 1100—1200	8	9	10 Parent's ROTC 1530—1700	11 Divorce Non Support Workshop 1000—1100
14 Credit Crunch for Lunch Bunch 1100—1200	15 Transition Assistance Program (1 of 4) 0800—1600 Career Life Planning (1 of 3) 1730—2100	16 Transition Assistance Program (2 of 4) 0800—1600 Career Life Planning (2 of 3) 1730—2100	17 Transition Assistance Program (3 of 4) 0800—1600 SPARKS 1630—1800 Career Life Planning (3 of 3) 1730—2100	18 Transition Assistance Program (4 of 4) 0800—1600 Stress Management 0900—1100 Divorce Non Support Workshop 1000—1100
21 Car Buying Class 1100—1200	22 Spouse Employment Workshop 0830—1100	23 Resume Writing Strategies 0900—1100 Starting Your Own Business 1300—1500 Positive Parenting (1 of 6) 1300—1500	24 Parent's ROTC 1530—1700	25 Divorce Non Support Workshop 1000—1100 FFSC Volunteer Appreciation Luncheon 1100—1600 FFSC will be Closed for this event.
28 Career Status Bonus Redux 1100—1200	29	30 Sponsor Training 0900—1100 Positive Parenting (2 of 6)		

MILITARY DEBT MANAGEMENT AGENCY

Did you do most of your holiday shopping on credit cards? Are you still paying interest on purchases from last Christmas? Are finance charges and fees keeping you from paying down those annoying balances?

Most families spend on the average between \$500.00 and \$1500.00 on credit cards from November 1st – December 24th. In fact many consumers spend more during those two months then the rest of the year combined. With interest rates at an all time high seasonal spending can turn into a year round nightmare.

Military Debt Management Agency (MDMA) has been serving area military personnel since December of 1998. Moving into their second year of operation in room 219 of the Fleet & Family Support Center, MDMA offers free consultations for debt management, credit consolidation, credit file education, and general financial counseling. With creditor relations nationwide MDMA is able to stop late and over limit fees, lower interest rates and finance charges, and put you on a plan to be debt free in anywhere from 1 to 4 years. So put an end to any financial issues that may be affecting you and/or your career. Call Jim Gardner at 452-5990, ext. 135 and schedule a free consultation today.

APRIL IS VOLUNTEER APPRECIATION MONTH

America's foundation has been built on the dedication of volunteers whose efforts have created the quality of life we Americans have come to enjoy. The Fleet & Family Support Center salutes all of our volunteers for their untiring dedication, service, and support.

We take great pleasure in honoring two of our volunteers, William and Dottie Weaver, affectionately known as Bill and Dottie. Together, they have 39 years of volunteer service! He is a retired United States Air Force Major. They have been married for 60 years and have two wonderful children. Bill and Dottie are always professional, cheerful and excited about helping out. They volunteer for our Family Advocacy Department. With their help, paperwork and data entry work is always updated. They feel they have been truly blessed and they now take tremendous pleasure in giving a little back. They are great volunteers and we appreciate their dedication to the FFSC.

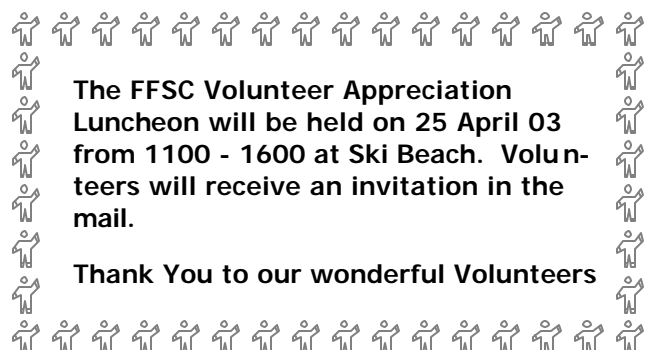


FFSC VOLUNTEER STATISTICS

The FFSC is always in need of volunteers for various departments. Currently we have approximately 297 volunteers that give a portion of their valuable time to assist FFSC with the success in the different programs that we offer. The following is a list of departments and the number of volunteers they utilize:

Family Advocacy Program	2
SAVI (SAVI Advocates)	73
Front Desk	1
PFM (Command Financial Specialists)	200
Spouse Employment Assistance Program	1
Retired Activities Office	7

If you are interested in becoming a volunteer at the FFSC, please call 452-5990, ext. 136.



CHILD ABUSE PREVENTION

“Cherish Our Children”

Since 1983, the month of April has been designated as Child Abuse Prevention Month and a time when communities and social service agencies join together to promote awareness of child abuse and prevention. Child Maltreatment has negative short and long term effects on children's mental health and development. Abused and neglected children frequently suffer from depression and experience low self-esteem. In April, and all year around, let us focus on child abuse prevention and education. Child Abuse is a community problem, and everyone has a role in preventing child abuse.

Here are a few tips to help with the prevention of child abuse:

- Be a loving and nurturing parent.
- Monitor what your child sees on the television and computer.
- As a parent, take a time out when you get frustrated or overwhelmed.
- Report suspected or known child abuse and/or neglect.

The Fleet and Family Support Center offers a variety of resources to assist with the education and prevention on child abuse. Feel free to stop by our office or give us a call at 452-5990.

MONTH OF THE MILITARY CHILD

Since 1986 The Secretary of the Defense has designated each April as “The Month of the Military Child. U.S. Military installations all over the world sponsor and coordinate special events for our military children. The goal is to celebrate the special part they play as members of our military community.

Military children fall into a special category of American Children and have a significant role in our country's future. Military children have the opportunity to experience unique and foreign cultures. As they move from place to place, they face new challenges and adventures, and are learning skills that will enrich them.

Throughout the month of April, remember and continue to encourage our special population—The Military Child.

NAVY NEW PARENT SUPPORT PROGRAM

For military families, new parenthood poses unique challenges. Military families are frequently geographically separated from their families of origin and often lack access to their support system and parental models. The Navy New Parent Support Program contributes to mission readiness and supports family adaptation to military life. They are designed to enhance the knowledge and skills needed to form healthy relationships and to provide a safe, nurturing environment for their children. The New Parent Support Program is here to help you and is completely voluntary. There is a range of services, to includes home visitations, education, support, counseling, and referrals. There are two support groups that meet twice a monthly.

To find out more information on the program, contact the staff at 452-5990, ext. 144.



MARCH IS WOMENS HISTORY MONTH

The purpose of Women's History Month is to increase consciousness and knowledge of women's history: to take one month of the year to remember the contributions of notable and ordinary women, in hopes that the day will soon come when it's impossible to teach or learn history without remembering these contributions.



Our 2003 theme, "Women Pioneering the Future", incorporates both pioneering women from U.S. history, who led and won struggles for equality and civil rights, created and advanced educational and professional opportunities, and made great contributions to the arts, sciences, and humanistic causes, **and innovative women of today** who further these efforts and continue to expand the frontiers of possibility for generations to come.

Decide
To End Sexual Violence



April is Sexual Assault Awareness Month. April is set aside across the nation for every community to collectively focus upon the societal problem of sexual violence and the ways in which services like ours are working to end this violence and seek justice for its victims. Sexual assault continues to be a major social crisis on our society today. It affects women, men and children of every age and race. Please do your part to help raise the awareness and to help end sexual violence.

For more information on how you can help, call Phyllis Hain at 452-5990, ext. 109.

06—12 April is also National Crime Victims' Rights Week.

GOOD NEWS TRAVELS FAST

Did you know?....

The programs and services at the Fleet and Family Support Center are all free and presented to you by the finest professionals you can find. Information about our programs are made available to you through The Beacon, your Command, Plan of the Week, the Gosport, WNAS, the public folders bulletin board, email, call us at 452-5990, ext. 104, or visit the FFSC at building 625, 151 Ellyson Avenue, NAS Pensacola.

You Are Our Number 1 Priority.

**NAVAL AIR STATION, PENSACOLA
FLEET AND FAMILY SUPPORT CENTER STAFF**

Bobbie Simpkins, ext. 142	—	Regional Director	Jim Gordon, ext. 110	—	Counselor
Pat Gibbs, ext. 141	—	Management Assistant	Jeanine DeCuir, ext. 105	—	Counselor
Sandy Smith, ext. 136	—	Programs Coordinator	Mike Reynolds, ext. 106	—	Counselor
Floyd Steiner, ext. 104	—	Information and Referral	Phyllis Hain, ext. 109	—	SAVI Coordinator
John Kramer, ext. 101	—	Front Desk Receptionist	Patty Smith, ext. 144	—	New Parent Support Team
Terry Harris, ext. 132	—	Financial Education	Rose Slay, ext. 130	—	New Parent Support Team
Michael Brady, ext. 112	—	Family Advocacy Rep.	Lee Wheaton, ext. 131	—	New Parent Support Team
Lori Landau, ext. 115	—	FAP Administration	J.R. Welcome, ext. 127	—	TAMP Manager
Ronni Price, ext. 117	—	FAP Counselor	Jeff Bernard, ext. 128	—	Transition
Alice Pearson, ext. 116	—	FAP Counselor	Rudy Ramos, ext. 129	—	Transition
Gracie Hargraves, ext. 120	—	FAP Counselor	Kathy Sims, ext. 124	—	Relocation
Shawn Fitzpatrick, ext. 119	—	FAP Counselor	Jean Hynes, ext. 123	—	Relocation
Garland Hill, ext. 121	—	FAP Counselor	Dee Karling, ext. 137	—	PREVENT
Jimmy Williams, ext. 114	—	FAP Child Specialist	Susan Frishkorn, ext. 134	—	AMVETS Services Officer
Lucie Easley, ext. 114	—	FAP Child Specialist	Dennis J. Kerr, ext. 111	—	Retired Activities Coordinator
		Victim Advocate	Jim Gardner, ext. 135	—	Military Debt Management Agency
Sylvia Starling, ext. 113	—	Counselor			

**Fleet and Family Support Center, building 625, Naval Air Station Pensacola
Phone: (850) 452-5990, DSN 922-5990 Hours: 0730 to 1600, Monday - Friday**

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UNITED WE STAND

